Table 10: Servings of Whole Grain Breads and Tortillas Eaten by California Adolescents (N=1,217)

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas.

	Servings of Whole Grain Breads and Tortillas Reported, Percent of Adolescents			
	0	**1-3**	**4+**	
Total	**25.6**	**58.7**	**15.7**	
Gender				
Male	21.4	58.7	19.9	***
Female	30.1	58.7	11.2	
Ethnicity				
White	19.6	62.1	18.3	***
African American	21.3	63.9	14.8	
Latino	31.2	59.5	9.3	
Asian/Other	28.5	44.6	26.9	
Gender by Age				
Male				
12-13	18.1	67.6	14.3	**
14-15	20.3	54.1	25.7	
16-17	26.1	55.4	18.4	
Female				
12-13	30.8	58.0	11.2	**
14-15	23.4	62.3	14.3	
16-17	39.2	54.2	6.6	
Income				
<$15,000	35.2	61.0	3.8	***
$15,000 - $24,999	25.7	64.4	9.9	
$25,000 - $34,999	23.6	62.4	14.1	
$35,000 - $49,999	29.3	57.1	13.6	
$50,000 - $74,999	14.6	66.8	18.7	
≥ $75,000	23.5	53.0	23.5	
CalFresh Status, % FPL[1]				
Participant	32.8	59.3	7.9	***
Likely Eligible ≤ 130%	26.7	63.2	10.1	
Not Eligible > 185%	22.7	55.2	22.1	
Smoking Status				
Non-Smoker	24.9	59.6	15.5	*
Smoker	36.7	45.2	18.1	
Physical Activity Status				
Regular	22.1	60.7	17.3	***
Irregular	31.5	55.5	13.1	
Overweight Status				
Not Overweight	24.0	60.7	15.3	
Overweight/Obese	27.1	54.2	18.7	

[1]Survey respondents between 130-185% FPL

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05,   ** p<.01, *** p<.001

Table 12: Consumption of Cereal by California Adolescents (N=1,220)

Yesterday how many bowls of hot or cold cereal did you eat?
What cereal(s) did you eat the most of yesterday?

	Reported Eating Any Cereal[1], Percent of Adolescents
Total	**55.5**
Gender	
Male	60.2 ***
Female	50.5
Ethnicity	
White	54.9
African American	53.0
Latino	58.3
Asian/Other	50.4
Gender by Age	
Male	
12-13	61.8
14-15	61.4
16-17	57.1
Female	
12-13	62.4 ***
14-15	47.6
16-17	42.0
Income	
<$15,000	56.7
$15,000 - $24,999	50.2
$25,000 - $34,999	50.2
$35,000 - $49,999	62.1
$50,000 - $74,999	48.5
≥ $75,000	59.1
CalFresh Status, % FPL[2]	
Participant	56.7
Likely Eligible ≤ 130%	53.3
Not Eligible > 185%	56.2
Smoking Status	
Non-Smoker	55.7
Smoker	51.7
Physical Activity Status	
Regular	55.9
Irregular	54.8
Overweight Status	
Not Overweight	57.0
Overweight/Obese	51.7

[1] One bowl equals one serving.

[2] Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test: * p<.05,   ** p<.01, *** p<.001

Table 13: Consumption of Cereal and High Fiber Cereal by California Adolescents (N=1,220)

Yesterday how many bowls of cereal did you eat?
What cereal did you eat the most of yesterday?

Any Cereal[1]	Percent of Adolescents
Out of All Teens	55.5
High Fiber Cereal[2]	
Out of All Teens	16.7
Out of Cereal Eaters	30.1

[1]One bowl equals one serving.

[2]High fiber cereals are defined as those having 3 or more grams of dietary fiber per serving.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test: * p<.05,   ** p<.01, *** p<.001

Table 14: Belief by California Adolescents About How Much of Grains Eaten Should Come from Whole Grains (N=1,207)

Whole grains are found in foods like whole wheat bread, oatmeal, brown rice, Triscuits, Wheat Thins, Raisin-Bran or Nutri-grain. How much of all the grain foods you eat every day do you think should come from whole grains? Would you say…

	Proportion of Grain Products that Should be Whole Grain, Percent of Adolescents		
	Less than Half	**Half or More**	
Total	**23.2**	**76.8**	
Gender			
Male	26.0	74.0	*
Female	20.3	79.7	
Ethnicity			
White	15.7	84.3	***
African American	37.7	62.3	
Latino	27.3	72.7	
Asian/Other	24.5	75.5	
Gender by Age			
Male			
12-13	25.4	74.6	
14-15	25.8	74.2	
16-17	26.8	73.2	
Female			
12-13	23.3	76.7	
14-15	18.0	82.0	
16-17	20.5	79.5	
Income			
<$15,000	28.0	72.0	***
$15,000 - $24,999	37.8	62.2	
$25,000 - $34,999	25.0	75.0	
$35,000 - $49,999	26.4	73.6	
$50,000 - $74,999	13.5	86.5	
≥ $75,000	16.8	83.2	
CalFresh Status, % FPL[1]			
Participant	26.8	73.2	***
Likely Eligible ≤ 130%	29.8	70.2	
Not Eligible > 185%	16.4	83.6	
Smoking Status			
Non-Smoker	23.3	76.7	
Smoker	23.0	77.0	
Physical Activity Status			
Regular	23.6	76.4	
Irregular	22.7	77.3	
Overweight Status			
Not Overweight	20.8	79.2	**
Overweight/Obese	28.2	71.8	

[1]Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test: * p<.05,   ** p<.01, *** p<.001

Table 15: Servings of Beans Eaten by California Adolescents (N=1,217)

Yesterday how many servings of beans did you eat? This would include kidney beans, refried beans, chilibeans, black beans, bean soup, bean salad, or lentils but does NOT include green beans.

	Servings of Beans Reported, Percent of Adolescents		
	0	1.0	2+
Total	**70.0**	**19.6**	**10.4**
Gender			
Male	68.5	17.2	14.3	***
Female	71.6	22.1	6.2
Ethnicity			
White	76.6	13.4	10.0	***
African American	76.8	13.3	9.9
Latino	58.4	30.0	11.6
Asian/Other	81.7	10.4	7.9
Gender by Age			
Male			
12-13	68.3	20.7	10.9
14-15	66.7	16.3	17.0
16-17	71.0	14.7	14.3
Female			
12-13	70.6	19.4	9.9	***
14-15	67.1	29.4	3.5
16-17	79.3	14.4	6.3
Income			
<$15,000	64.1	26.5	9.3	***
$15,000 - $24,999	60.5	28.0	11.6
$25,000 - $34,999	65.6	23.8	10.6
$35,000 - $49,999	63.0	32.3	4.6
$50,000 - $74,999	79.2	11.4	9.3
≥ $75,000	76.5	11.4	12.1
CalFresh Status, % FPL[1]			
Participant	63.4	27.8	8.8	***
Likely Eligible ≤ 130%	60.8	27.4	11.8
Not Eligible > 185%	77.6	11.3	11.1
Smoking Status			
Non-Smoker	70.7	19.5	9.8	*
Smoker	60.1	21.5	18.4
Physical Activity Status			
Regular	70.1	17.1	12.8	***
Irregular	70.0	23.7	6.3
Overweight Status			
Not Overweight	71.7	16.5	11.7	***
Overweight/Obese	65.6	26.3	8.1

[1]Survey respondents between 130-185% FPL

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05,   ** p<.01, *** p<.001

Table 24: Consumption of Meat Among California Adolescents (N=1,220)

Do you eat any kind of animal foods like beef, pork, poultry or fish?

Yesterday, how many servings of meat, poultry, fish, and eggs did you eat?

	Percent of Adolescents			
	Report Not Eating Meat or Animal Foods		Ate Meat or Eggs Yesterday, Out of Those Who Report Eating Animal Foods (N=1,152)	
Total	7.4		91.2	
Gender				
Male	7.7		92.8	*
Female	7.0		89.4	
Ethnicity				
White	4.6	***	91.8	**
African American	1.2		91.8	
Latino	5.4		88.3	
Asian/Other	23.6		98.7	
Gender by Age				
Male				
12-13	3.7	*	93.4	
14-15	9.5		93.2	
16-17	9.6		91.7	
Female				
12-13	2.0	**	83.7	**
14-15	9.0		94.4	
16-17	9.5		88.8	
Income				
≤$15,000	7.2	*	87.3	*
$15,000 - $24,999	4.5		88.5	
$25,000 - $34,999	11.7		94.3	
$35,000 - $49,999	3.9		88.8	
$50,000 - $74,999	1.3		91.3	
≥ $75,000	7.9		94.5	
CalFresh Status, % FPL[1]				
Participant	7.8	*	87.8	*
Likely Eligible ≤ 130%	3.2		90.8	
Not Eligible > 185%	6.4		93.5	
Smoking Status				
Non-Smoker	7.4		91.1	
Smoker	6.6		91.6	
Physical Activity Status				
Regular	7.4		91.0	
Irregular	7.4		91.5	
Overweight Status				
Not Overweight	8.7	*	91.2	
Overweight/Obese	5.0		92.4	

[1]Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test: * p<.05,   ** p<.01, *** p<.001